

Rockland County CYO Rules 2025-26

ALL CYO LEVELS (BOYS AND GIRLS) FOLLOW THE OFFICIAL HIGH SCHOOL RULES OF THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ATHLETIC ASSOCIATIONS WITH THE FOLLOWING MODIFICATIONS:

LEVEL	BALL	FREE THROW LINE	TIMEOUTS
BOYS GRADE 3 TO 5	28.5"	12 FOOT LINE	4
BOYS GRADE 6 TO 8	29.5"	15 FOOT LINE	4
GIRLS GRADE 3 TO 6	28.5"	12 FOOT LINE	4
GIRLS GRADE 7 TO 8	28.5"	15 FOOT LINE	4
ENTERING LANE ON A FREE THROW: CURRENT HIGH SCHOOL RULES EXCEPTION: 3 RD GRADE GIRLS ALLOW FREE THROW SHOOTERS TO GO OVER THE LINE WITHOUT PENALTY DURING THE REGULAR SEASON			

East Division Game Format

LEVEL	TIME	CLOCK	PRESSING	BONUS
GRADE 3	18 MINUTE HALVES	RUNNING. STOP TIME: TIMEOUTS, INJURY, LAST MINUTE OF EACH HALF / OT	LAST MINUTE OF THE GAME/OT	1&1 ON THE 7 TH , 8 TH , 9 TH TEAM FOUL OF THE HALF. TWO (2) SHOTS ON 10 TH TEAM FOUL OF THE HALF. TEAM FOULS RESET AFTER FIRST HALF ONLY
GRADE 4	6 MINUTE QUARTERS	STOP TIME	LAST MINUTE OF THE GAME/OT	TWO (2) SHOTS ON THE 5 TH TEAM FOUL OF THE QUARTER. TEAM FOULS RESET AFTER 1 ST , 2 ND , AND 3 RD QUARTERS ONLY
GRADE 5	7 MINUTE QUARTERS	STOP TIME	LAST TWO (2) MINUTES OF THE SECOND QUARTER/GAME/OT	TWO (2) SHOTS ON THE 5 TH TEAM FOUL OF THE QUARTER. TEAM FOULS RESET AFTER 1 ST , 2 ND , AND 3 RD QUARTERS ONLY
GRADES 6 TO 8	7 MINUTE QUARTERS	STOP TIME	ENTIRE GAME	TWO (2) SHOTS ON THE 5 TH TEAM FOUL OF THE QUARTER. TEAM FOULS RESET AFTER 1 ST , 2 ND , AND 3 RD QUARTERS ONLY
HALFTIME SHALL BE THREE (3) MINUTES FOR ALL LEVELS				
OVERTIME				
Each team will be granted one (1) additional timeout in each OT period				
GRADE 3		ONE (1), 3 MINUTE OVERTIME PERIOD. GAMES CAN END IN A TIE.		
GRADE 4		3 MINUTE OVERTIME PERIOD(S). MUST HAVE A WINNER		
GRADE 5 TO 8		3.5 MINUTE OVERTIME PERIOD(S). MUST HAVE A WINNER		

West Division Game Format

LEVEL	TIME	CLOCK	PRESSING	BONUS
GRADE 3 & 4	18 MINUTE HALVES	RUNNING. STOP TIME: TIMEOUTS, INJURY, LAST MINUTE OF EACH HALF / OT	LAST MINUTE OF THE GAME/OT	1&1 ON THE 7 TH , 8 TH , 9 TH TEAM FOUL OF THE HALF. TWO (2) SHOTS ON 10 TH TEAM FOUL OF THE HALF. TEAM FOULS RESET AFTER FIRST HALF ONLY
GRADE 5 & 6	18 MINUTE HALVES	RUNNING. STOP TIME: TIMEOUTS, INJURY, LAST MINUTE OF EACH HALF / OT	LAST MINUTE OF THE FIRST HALF/GAME/OT	1&1 ON THE 7 TH , 8 TH , 9 TH TEAM FOUL OF THE HALF. TWO (2) SHOTS ON 10 TH TEAM FOUL OF THE HALF. TEAM FOULS RESET AFTER FIRST HALF ONLY
GRADE 7 & 8	20 MINUTE HALVES	RUNNING. STOP TIME: TIMEOUTS, INJURY, LAST MINUTE OF EACH HALF / OT	LAST TWO (2) MINUTES OF THE FIRST HALF/GAME/OT	1&1 ON THE 7 TH , 8 TH , 9 TH TEAM FOUL OF THE HALF. TWO (2) SHOTS ON 10 TH TEAM FOUL OF THE HALF. TEAM FOULS RESET AFTER FIRST HALF ONLY
HALFTIME SHALL BE THREE (3) MINUTES FOR ALL LEVELS				
OVERTIME				
Each team will be granted one (1) additional timeout in each OT period				
GRADE 3		ONE (1), 3 MINUTE OVERTIME PERIOD. GAMES CAN END IN A TIE.		
GRADE 4		3 MINUTE OVERTIME PERIOD(S). MUST HAVE A WINNER		
GRADE 5 TO 8		3.5 MINUTE OVERTIME PERIOD(S). MUST HAVE A WINNER		

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1. 3rd and 4th grade are ONLY permitted to play man to man defense
 - a. The defense must be at the 15ft foul line extended, while the offense has the ball in their backcourt. Once the ball is established in the front court, either by pass or dribble, the defense is permitted to pick up their assigned player
 - b. "Help defense" is permitted at the discretion of the referee(s)
 - c. During the last minute of the game/overtime period, all defenses are permitted
2. The three (3) point shot will NOT be in effect during the regular season
3. The three (3) point shot will be in effect during Rockland County Championship Games for Grades 6 thru 8
4. Dunking is not permitted in any CYO divisions. This includes both warm-ups and games.
 - a. The penalty for dunking is a technical foul
5. Team players and a maximum of two (2) coaches may SIT on the bench.
 - a. **Exception: 3rd Grade. A maximum of three (3) coaches may SIT on the bench**
 - b. Only the Head Coach may stand
6. No shot clocks will be utilized
7. All uniforms must have parish/school name printed on the front.
 - a. A team can wear any color t-shirt under their uniform, but everyone on the team has to be wearing the same color
8. Players must remove all jewelry and hair accessories prior to the beginning of the game or they do not participate in the game
 - a. Players are not permitted to wear tape over any jewelry (including earrings)
9. A player or coach that is disqualified/ejected from a game will be suspended one (1) game for the first offense and will face possible expulsion on the second offense
 - a. A written report is to be sent to the Assigner immediately after a game involving a(n) disqualification/ejection
10. A written report is to be sent to the Assigner immediately after a game involving a fight
11. Players involved in a fight will be suspended for two (2) games and, depending on the severity of the incident, may face expulsion. A second offense will result in immediate expulsion.
12. A coach involved in a fight will face immediate expulsion upon immediate consultation with the Pastor, the Moderator, and the County Coordinator.
13. It is the home team's responsibility to keep the clock and the scorebook whether at their gym or a neutral site. Parishes are responsible to train adults on how to do the clock.
 - a. At no time is a minor permitted to be responsible for the clock
14. Scorebooks must be filled out with all potential players
 - a. Each potential player must have their first and last name and uniform number in the book.
15. The free throw lane marked spaces may be occupied as follows:
 - a. All grades using the 12ft free throw line shall have the bottom marked lane space (below the box) occupied when shooting free throws
 - b. All grades using the 15ft free throw line shall NOT have the bottom marked lane space (below the box) occupied when shooting free throws
16. Table personnel (clock operator and scorekeepers) are NOT permitted to coach
17. When a head coach receives a technical foul (direct or indirect), they lose their coaching box privileges and must sit on the bench for the remainder of the game
18. Teams leading by fifteen (15) or more points are NOT permitted to press
19. When the no press rule is in effect, whether by fifteen (15) point rule or level rule, the defense must be at the 15ft free throw line extended while the offense has the ball in their backcourt.

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Once the ball is established in the front court, either by pass or dribble, the defense is permitted to guard the other team anywhere in the frontcourt.

20. All regular season and playoff games in Rockland County shall follow the Game Formats shown above

The following rules are to be enforced by Game Management ONLY.

*****Referee(s) is/are not responsible for the following rules*****

1. In the WEST DIVISION, grades 4 thru 8, all players are required to play for five (5) minutes per game during the regular season. There will be no minimum playing time during WEST DIVISION playoff games

Note: There is no minimum playing time in the EAST DIVISION

2. A game in which a team cannot start five (5) eligible players will result in a loss (NOT a forfeit)
3. If an eligible player shows up after the game begins, the team will still receive the loss
4. If a team CANNOT start with five (5) eligible players, a “substitute player” can be used within the following guidelines:
 - a. The player must be from the same parish, same gender and be in the same grade (or one grade below).
 - b. The player MUST be approved by the Executive Board prior to the start of the game.
 - c. A player can only be used twice as a “substitute player” during the season.
 - d. The player must be declared prior to the start and noted in the official score book
5. A forfeit may be given to a team when a major violation of a rule is broken. The decision of granting a forfeit will be determined by the Rockland CYO Executive Board. Their decision is final
 - a. A team forfeiting a game will be ineligible for playoffs.
6. WEST DIVISION: Two (2) wins of thirty (30) points or more will result in a team being ineligible for postseason.
 - a. Those teams that were granted permission to stay in the West Division will only be allowed ONE (1) thirty (30) point or more win. This includes regular season and playoffs.

*****A COPY OF THESE RULES IS TO BE POSTED AT
THE SCORER'S TABLE FOR ALL GAMES*****